Abstract of the Disclosure

A remote activity controller for people is in the form of a portable appliance, including a display apparatus, an internal clock, a user ID code and memory device, and possibly with geographic position recording and with movement and other activity sensors for mobile detection and storage of personal state data for the wearer. Further, a data interface is included via which, when required, a communication link can be set up with contract partners in order to transfer data from the appliance to them, at least at times. In addition, a label communicator is included for detection of information data of measurement or therapy appliances used, including the measurement data determined by these appliances; and also the information about products, such as foodstuffs, medicaments, and network addresses of contract partners or the like, on the basis of labels which are located on or in them or are stored in a label album. Further, a connection for a personal electronic health record is included in which the relevant health data is entered on the basis of a predetermined data scheme, and instantaneous measurement values, consumption values and behavior patterns are added continually to this data, such as weight, blood pressure, temperature, heart rate, test strips and in which other chemical diagnostic values are stored, medicaments consumed, foodstuffs eaten, movement patterns or the like, with timestamps, batch numbers, test equipment types, etc.